

Eat Smart with MyPyramid for Kids

Draw a circle around the foods that are in the Grain Group.













Slice of bread

Baked potato

Popcorn

Pasta (bowtie)

Cereal

Candy bar

Draw a rectangle around the foods that are in the Vegetable Group.













Carrots

Spinach

Grapes

Pasta (macaroni)

Broccoli

Swiss cheese

Draw a square around the foods that are in the Fruit Group.













Corn

Orange juice

Apple

Banana

Strawberries

Muffin

Draw a triangle around the foods that are in the Milk Group.













1% Milk

Yogurt

Egg

American cheese

Cookies

Orange juice

Draw an (oval) around the foods that are in the Meat and Beans Group.













Peanut butter

Egg

Beans

Chicken

Pork chop

Fish

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Eat Smart with MyPyramid for Kids

Draw a (circle) around the foods that are in the Grain Group.

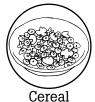




Baked potato



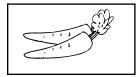






Candy bar

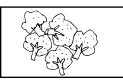
Draw a rectangle around the foods that are in the Vegetable Group.













Carrots

Spinach

Grapes

Pasta (macaroni)

Broccoli

Swiss cheese

Draw a square around the foods that are in the **Fruit Group**.













Corn

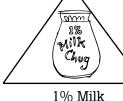
Orange juice

Apple

Strawberries

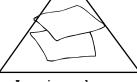
Muffin

Draw a triangle around the foods that are in the Milk Group.













Yogurt

Egg American cheese

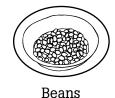
Cookies

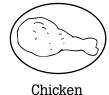
Orange juice

Draw an (oval) around the foods that are in the **Meat and Beans Group**.













Peanut butter

Egg

Pork chop

Fish